

HAMDDEN RHUTHUN - AMSERLEN NOFIO

20eg o Gorffennaf 2026 – 30eg o Awst 2026

Dydd Llun

6.45am – 8.45am
9.00am – 11.30am
4.00pm – 6.15pm
5.30pm – 7.30pm
7.45pm – 8.30pm
8.30pm – 9.15pm

Lôn Cyhoeddus >
Nofio i'r Teulu
Gwersi Nofio
Clwb Nofio
Nofio Anabledd
Lôn Cyhoeddus >

Dydd Mawrth

6.45am – 8.45am
9.00am – 11.30am
12.30pm – 3.00pm
4.00pm – 5.45pm
6.00pm – 8.00pm
8.00pm – 8.45pm

Lôn Cyhoeddus >
Nofio i'r Teulu
Lôn Cyhoeddus >
Gwersi Nofio
Clwb Nofio
Lôn Cyhoeddus >

Dydd Mercher

6.45am – 8.45am
9.00am – 11.30am
1.30pm – 3.00pm
4.00pm – 7.15pm
7.30pm – 8.15pm
8.30pm – 9.15pm

Lôn Cyhoeddus >
Nofio i'r Teulu – o dan 16 am ddim
Lôn Cyhoeddus >
Gwersi Nofio
Erobeg Dŵr >
Nofio Ffitrwydd

Dydd Iau

6.45am – 8.45am
9.00am – 11.30am
12.30pm – 3.00pm
4.00pm – 6.30pm
6.45pm – 8.15pm
8.15pm – 9.00pm

Lôn Cyhoeddus >
Nofio i'r Teulu
Lôn Cyhoeddus >
Gwersi Nofio
Clwb Nofio
Lôn Cyhoeddus >

Dydd Gwener

6.45am – 8.45am
9.00am – 11.30am
12.30pm – 3.00pm
4.00pm – 6.00pm
6.00pm – 7.00pm
7.00pm – 8.00pm

Lôn Cyhoeddus #
Nofio i'r Teulu
Lôn Cyhoeddus >
Gwersi Nofio
Clwb Nofio
Clwb Triathlon

Dydd Sadwrn

8.00am – 12.00pm
11.15am – 12.45pm
12.45pm – 1.30pm
1.45pm – 2.30pm

Gwersi Nofio
Clwb Nofio
Lôn Oedolion >
Nofio i'r Teulu

Dydd Sul

9.30am – 10.15am
10.30am – 11.15am
11.30am – 12.30pm
12.45pm – 1.30pm
2.00pm – 4.00pm

Lôn Cyhoeddus >
Nofio rhieni and phlant bach
Nofio i'r Teulu – o dan 16 am ddim
Lôn Oedolion >
Clwb Nofio

- Sesiwn am ddim i bob nofwyr dros 60.

> £3 ar gyfer holl nofwyr 60+.

* - Sesiwn yn cynnwys 1 lôn

+ - Plant yn nofio am ddim gyda oedolyn yn talu yn llawn

Gall yr amserlen hon newid.

Dan 8 oed - Cyfeiriwch at ein polisi derbyn.



DEWCH O HYD I'N
AMSERLENNI AR
AP DLL



RUTHIN LEISURE - SWIMMING TIMETABLE

20th July 2026 – August 30th

Monday

6.45am – 8.45am Public Lane >
9.00am – 11.30am Family Swim
4.00pm – 6.15pm Swimming Lessons
5.30pm – 7.30pm Swimming Club
7.45pm – 8.30pm Disability Swim
8.30pm – 9.15pm Public Lane >

Tuesday

6.45am – 8.45am Public Lane >
9.00am – 11.30am Family Swim
12.30pm – 3.00pm Public Lane >
4.00pm – 5.45pm Swimming Lessons
6.00pm – 8.00pm Swimming Club
8.00pm – 8.45pm Public Lane >

Wednesday

6.45am – 8.45am Public Lane >
9.00am – 11.30am Family Swim Under 16 Free
1.30pm – 3.00pm Public Lane >
4.00pm – 7.15pm Swimming Lessons
7.30pm – 8.15pm Aqua Aerobics >
8.30pm – 9.15pm Swim Fit

Thursday

6.45am – 8.45am Public Lane >
9.00am – 11.30am Family Swim
12.30pm – 3.00pm Public Lane >
4.00pm – 6.30pm Swimming Lessons
6.45pm – 8.15pm Swimming Club
8.15pm – 9.00pm Public Lane >

Friday

6.45am – 8.45am Public Lane #
9.00am – 11.30am Family Swim
12.30pm – 3.00pm Public Lane >
4.00pm – 6.00pm Swimming Lessons
6.00pm – 7.00pm Swimming Club
7.00pm – 8.00pm Triathlon Club

Saturday

8.00am – 12.00pm Swimming Lessons
11.15am – 12.45pm Swimming Club
12.45pm – 1.30pm Adult Lane >
1.45pm – 2.30pm Family Swim

Sunday

9.30am – 10.15am Public Lane >
10.30am – 11.15am Parent & Toddler
11.30am – 12.30pm Family Swim Under 16 Free
12.45pm – 1.30pm Adult Lane >
2.00pm – 4.00pm Swimming Club

- Free session for all 60+ swimmers.

> - £3 for all 60+ swimmers.

* - Session includes 1 Lane

+ - Children are free with a paying adult.

This timetable is subject to change.

Under 8's – Please refer to our admissions policy.



VIEW OUR
TIMETABLES ON
THE DLL APP

